

PREVALENCE OF CORONARYHEART DISEASE RISK FACTORS AMONG FISHERMEN IN TUMPAT, KELANTAN, 1994

PREVALENS FAKTOR-FAKTOR RISIKO PENYAKIT JANTUNG KORONARI DI KALANGAN NELAYAN, TUMPAT, KELANTAN , 1994

Norazmi Abdullah, Md Idris Mohd Nor

ABSTRACT

Coronary heart disease (CHD) is the most common cause of death in developed and developing countries including Malaysia. High prevalence of CHD occurs amongst those who have risk factors especially smoking, hypertension, diabetes mellitus, taking fatty food and abnormality of blood lipid levels. Fishermen had low prevalences of CHD risk factors and low incidence of IHD. A cross-sectional study was done amongst 223 persons consist of fishermen (n=176) and non fishermen (n=51) in Tumpat Kelantan. The response rate was 75.6% and 70.8% respectively. The main objective of the study is to determine the prevalence of CHD risk factors and the association with age and social economic status and also to compare with non-fishermen. Fishermen had low social economic status. Prevalence of poverty was 71.4% and 36.8% had no formal education($p<0.05$). Three main risk factors found to be high were smoking (76.5%), HDL-cholesterol $<35\text{mg/dl}$ (95.8%) and hypertension (28.8%). All these 3 factors were high amongst fishermen. Prevalence of overweight was associated with income level and Body mass index was positively correlated with protein intake, diastolic and systolic blood pressure and triglyseride ($p<0.05$). Mean diastolic blood pressure in fishermen was lower amongst smokers as compared to non-smoker. The prevalence of diabetes mellitus was significantly higher amongst older age group. Prevalences of hypertension, hypertriglyceridemia, hypercholesterolemia, hyperLDL-cholesterolemia and hypoHDL-cholesterolemia were not associated with age and social economic status. Overall calorie intake was lower in both groups except protein. Fishermen's calorie and protein intake were lower as compared to non fishermen. It's were statistically significant. 46.6% fishermen had 2 and only 24.1% had 3 or more risk factors as compared to non fishermen's 33.3% and 33.3% respectively. Only 8.3% fishermen and 15.2% non fishermen did not have risk factors. There was difference in number of risk factors according to age group ($p<0.05$).

ABSTRAK

Penyakit jantung koronari (PJK) adalah merupakan penyebab kematian utama di negara yang sedang dan telah membangun, termasuk Malaysia. Kejadian penyakit ini tinggi di kalangan mereka yang mempunyai faktor-faktor risiko terutamanya merokok, hipertensi, diabetes mellitus, pengambilan makanan berlemak, dan kandungan lipid dalam darah. Nelayan mempunyai prevalens faktor risiko dan insidens PJK yang rendah. Kajian keratan rentas telah dilakukan dikalangan 223 orang terdiri dari nelayan (n=176) dan bukan nelayan (n=51) di Tumpat, Kelantan. Kadar kehadiran adalah 75.6% nelayan dan 70.8% bukan nelayan. Kajian ini bertujuan mengira prevalens faktor-faktor risiko PJK dan menentukan hubungannya dengan faktor-faktor umur dan taraf sosio-ekonomi dan seterusnya membandingkan dengan kumpulan masyarakat bukan nelayan. Nelayan mempunyai taraf sosioekonomi yang rendah. Prevalens kemiskinan 71.4% dan 36.8% tidak mempunyai pendidikan rasmi ($p<0.05$). 3 faktor risiko utama ditemui tinggi prevalensnya adalah rendahnya HDL-kolesterol (95.8%), merokok (76.5%) dan hipertensi (28.8%). Ketiga-tiga faktor ini tinggi dikalangan nelayan dibandingkan dengan bukan nelayan. Prevalens lebih berat badan tinggi di kalangan berpendapatan lebih RM350.00 dan indek jisim badan mempunyai korelasi positif dengan protein, tekanan darah distolik dan sistolik dan trigliserid ($p<0.001$). Min tekanan darah nelayan yang merokok lebih rendah dari bukan perokok ($p<0.05$). Prevalens diabetes mellitus lebih tinggi di kalangan berumur tua. Prevalens hipertensi, hipertrigliseridemia, hiperkolesterolemia, hiperLDL-kolesterolemia dan hypoHDL-kolesterolemia tidak mempunyai hubungan dengan faktor umur dan taraf sosioekonomi. Pengambilan kalori keseluruhan adalah rendah bagi kedua-dua kumpulan kecuali protein. Pengambilan oleh nelayan lebih rendah dari bukan nelayan dan perbezaan ini adalah bermakna. 46.6% nelayan mempunyai 2 faktor risiko dan hanya 24.1% sahaja yang mempunyai tiga dan lebih manakala bukan nelayan mempunyai 2 dan 3 faktor adalah masing-masing 33.3% dan 33.3%. Hanya 8.3% nelayan dan 15.2% bukan nelayan tidak mempunyai faktor risiko. Bilangan faktor risiko berbeza menurut kumpulan umur muda dan tua ($p<0.05$).